



Charred Corn Salad with Basil and Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



230 kcal

SIDE DISH

Ingredients

- ☐ 12 ears corn husked
- ☐ 1 cup basil fresh loosely packed ()
- ☐ 2 tablespoons thyme sprigs fresh chopped
- ☐ 8 servings pepper freshly ground
- ☐ 0.3 cup juice of lime fresh ()
- ☐ 6 tablespoons olive oil divided
- ☐ 1 cup onion red thinly sliced
- ☐ 2 large tomatoes chopped

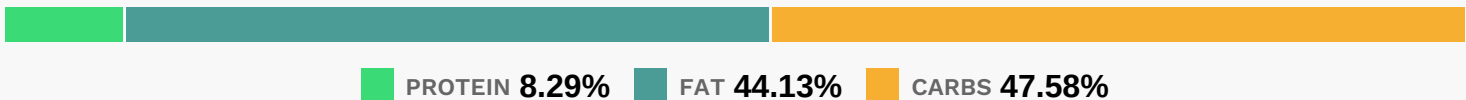
Equipment

- ☐ bowl
- ☐ sieve
- ☐ grill

Directions

- ☐ Build a medium-hot fire in a charcoal grill, or heat a gas grill to high. Rub corn with 1 tablespoon oil. Grill, turning frequently, until corn is charred and heated through, 10-12 minutes.
- ☐ Remove from grill; when cool enough to handle, cut kernels from cobs and transfer to a large bowl. DO AHEAD: Corn can be made 3 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Place onion in a strainer and rinse with cold water to mellow its flavor.
- ☐ Drain well.
- ☐ Mix onion, remaining 5 tablespoons oil, tomatoes, basil, 1/3 cup lime juice, and thyme into corn. Season to taste with salt, pepper, and more lime juice, if desired. DO AHEAD: Salad can be assembled 1 hour ahead.
- ☐ Let stand at room temperature.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:0.99, Inflammation Score:-9, Nutrition Score:11.203043466029%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 230.34kcal (11.52%), Fat: 12.49g (19.22%), Saturated Fat: 1.92g (12%), Carbohydrates: 30.3g (10.1%), Net Carbohydrates: 26.36g (9.58%), Sugar: 10.68g (11.86%), Cholesterol: 0mg (0%), Sodium: 24.03mg (1.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.56%), Vitamin C: 23.26mg (28.19%), Vitamin K: 23.07µg (21.98%), Manganese: 0.38mg (18.84%), Folate: 71.18µg (17.79%), Vitamin A: 878.85IU (17.58%), Vitamin B1: 0.24mg (15.98%), Fiber: 3.94g (15.78%), Magnesium: 62.65mg (15.66%), Potassium: 534.27mg (15.26%), Phosphorus: 141.97mg (14.2%), Vitamin B3: 2.76mg (13.79%), Vitamin E: 1.9mg (12.69%), Vitamin B5: 1.06mg (10.6%), Vitamin B6: 0.2mg (10.04%), Iron: 1.34mg (7.47%), Copper: 0.13mg (6.64%), Vitamin B2: 0.1mg (5.91%), Zinc: 0.8mg (5.32%), Calcium: 26.21mg (2.62%), Selenium: 0.93µg (1.33%)